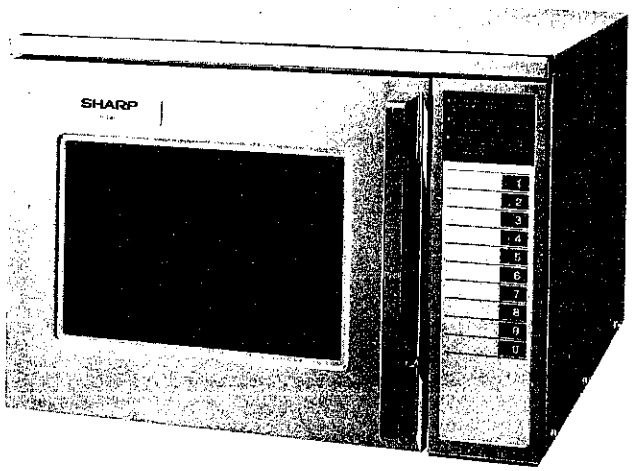
SHARP

COMMERCIAL MICROWAVE OVEN
MIKROWELLENHERD FÜR GEWERBLICHE NUTZUNG
FOUR A MICRO-ONDES COMMERCIAL

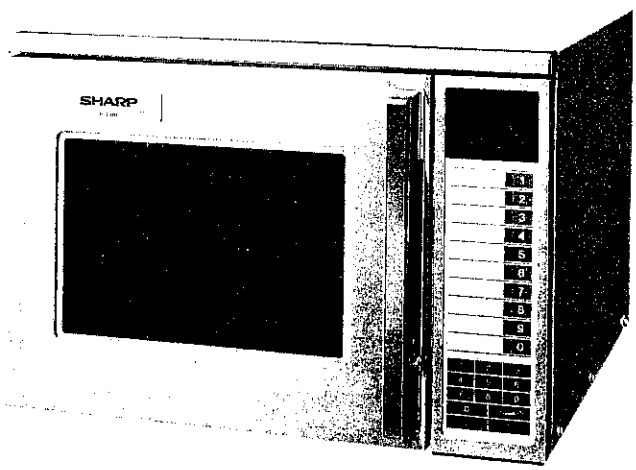
(H)

R-2360
R-2370

OPERATION MANUAL | BEDIENUNGSANLEITUNG | MANUEL D'UTILISATION



R-2360



R-2370

ENGLISH ..... 1 ~ 16
DEUTSCH ..... 17 ~ 32
FRANÇAIS ..... 33 ~ 48

ENGLISH

INSTALLATION INSTRUCTIONS

1. Visual check after unpacking:
   Remove all packing materials from the oven cavity. Check the unit for any damage, such as a misaligned door, damaged door seals around the door or dents inside the oven cavity or on the door. If there is any damage, please do not operate the oven until it has been checked by a SHARP AUTHORIZED SERVICE AGENT and repaired, if necessary.

2. The unit should not be installed in any area where heat and steam are generated, for example, next to a conventional oven unit.

3. The unit is fitted with a Schuko-plug and must be connected to a standard household outlet which is grounded/earthed.

WIRING INSTRUCTIONS

Neither the manufacturer nor the distributors can accept any liability for damage to the machine or personal injury for failure to observe the correct electrical connecting procedure..
The A.C. voltage must be 220V, 50Hz.

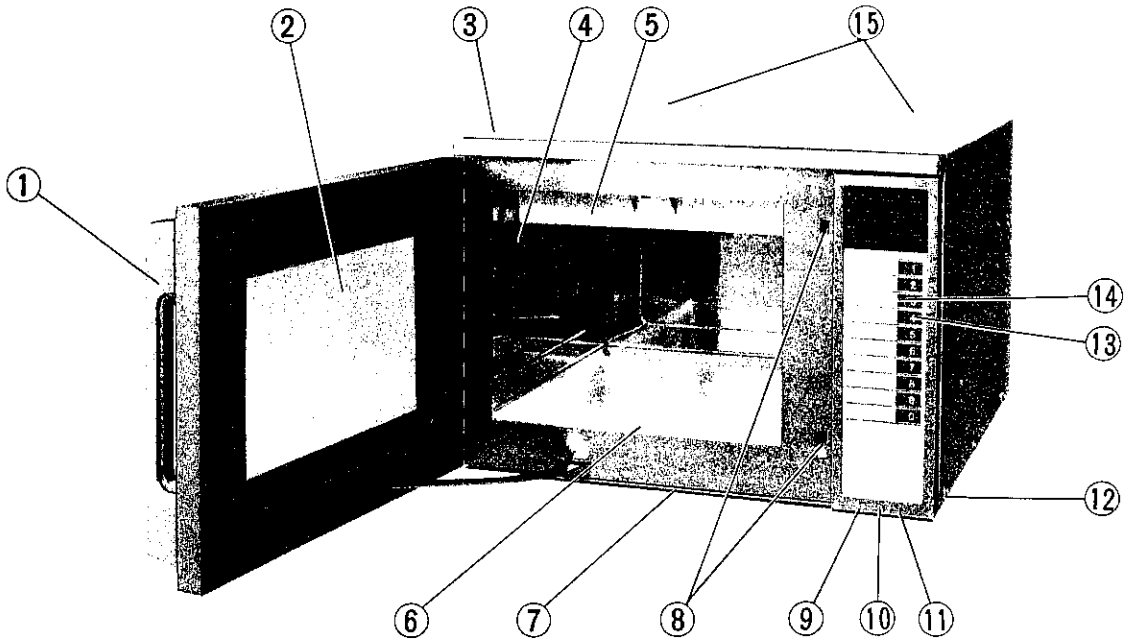
SPECIFICATIONS

AC Line Voltage:	Single phase 220V, 50Hz
AC Power Required:	2.6kW
Output Power:	1300W (2 litre water load)
Microwave Frequency:	2450 MHz
Outside Dimensions:	560mm (W) x 414mm (H) x 610mm (D)
Cavity Dimensions:	350mm (W) x 215mm (H) x 370mm (D)
Weight:	Approx. 49 kg

"THIS APPARATUS COMPLIES WITH THE REQUIREMENTS OF BS-800 AND EEC-499." IN ORDER TO COMPLY WITH THE EEC DIRECTIVE: 82/499/EEC, SHORT COOKING OPERATIONS SHOULD NOT BE PERFORMED MORE FREQUENTLY THAN ONCE PER MINUTE.

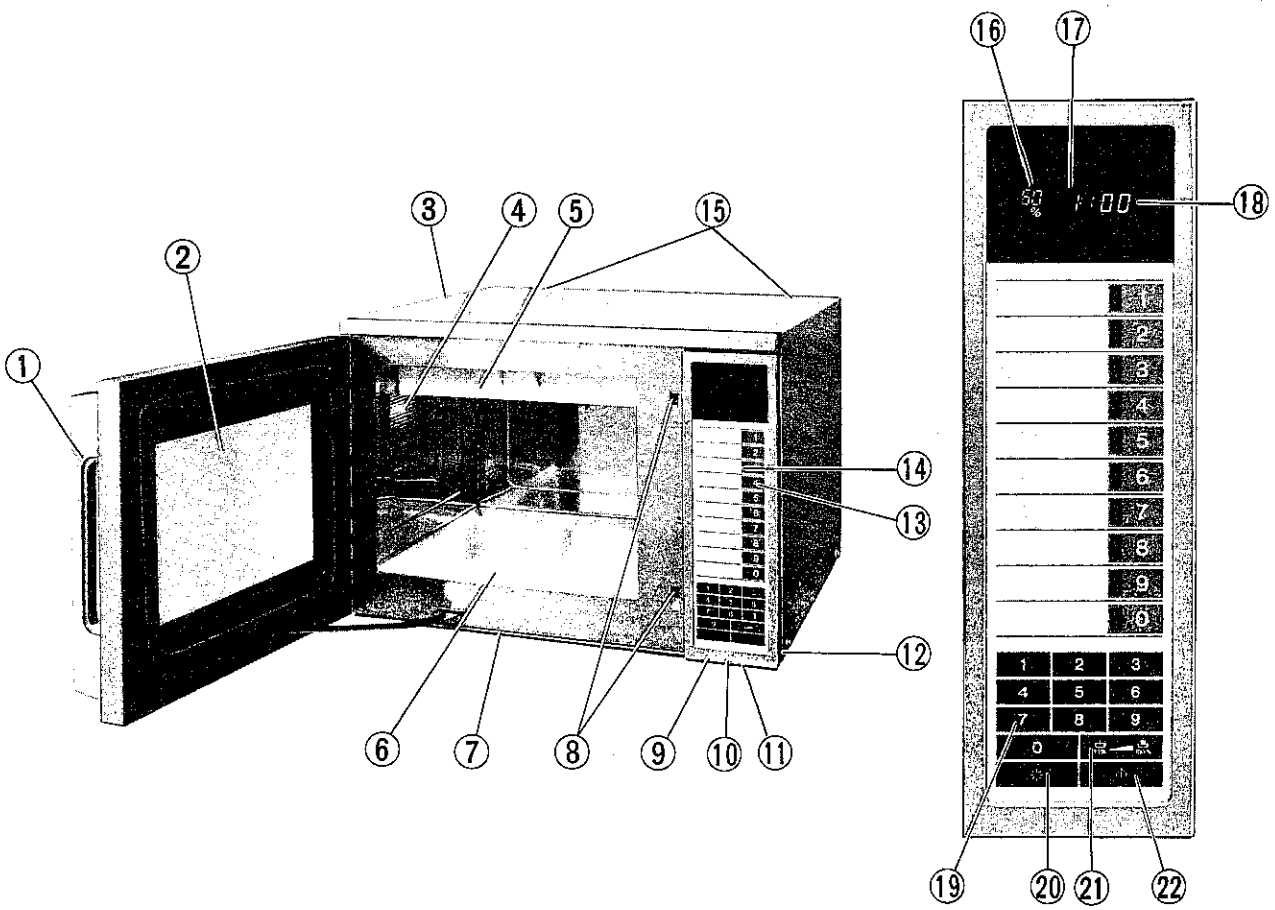
GENERAL INSTRUCTIONS

R-2360



1. Door open handle.
2. Oven door with see-through window.
3. Oven lamp access cover.
4. Oven lamp.
5. Stirrer fan cover.
6. Ceramic shelf.
7. Air intake opening and filter.
8. Door latch switches.
   The oven will not operate unless the door is securely closed.
9. Memory set switch. (Hidden)
10. Memory check switch. (Hidden)
11. Sound level switch. (Hidden)
12. "O—I" switch. (Hidden), Main switch. The oven will not operate if the switch is not in the "I" position.
13. Ten MEMORY pads for custom programming.
14. MEMORY indicator lights.
    LIGHT EMITTING DIODE (LED) indicates when oven is in operation.
15. Ventilating openings in back of oven. Do not block.

R-2370



16. POWER LEVEL display; percentage of power is indicated.
17. Heating indicator.
18. Digital display: (9 minutes, 99 seconds)
19. NUMBER pads for setting time and power level.
20. CLEAR pad; touch to stop operation of oven and clear remaining heating time.
21. POWER LEVEL pad for setting variable power level.
22. COOK pad. Touch to operate oven after door is closed and time is set.

LABELS

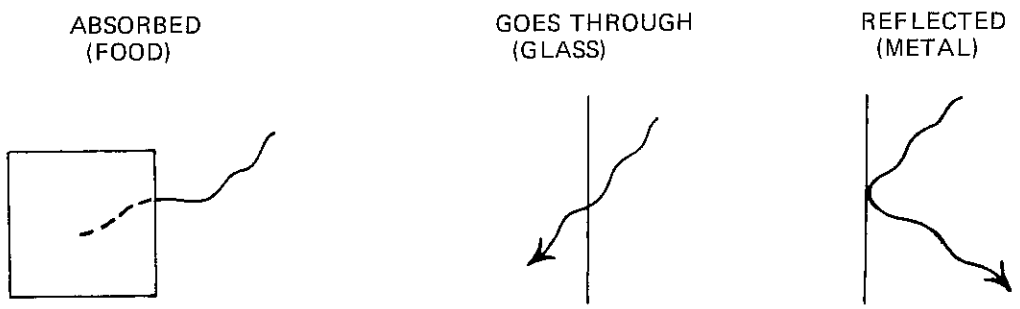
In the plastic bag packed inside your SHARP Commercial Microwave Oven, you will find a sheet of "self-sticking" labels. These may be used to label the food names and timing designations on the front of your oven to better fit your particular application.

KEY COVER (R-2370)

The Key Cover provided with Model R-2370 can be used to cover the Number pads and the other pads except Memory pads at the center of the control panel if you do not want the Number pads to be used. The square Key Cover has a small tab on each side. Position the Key Cover over the Number pad area and insert these tabs into the small holes on each side of the lower portion of the control panel. To remove, insert fingernail between the Key Cover and control panel and pull forward.

WHAT IS MICROWAVE ENERGY? HOW DOES IT WORK?

Electronic or microwave energy is a type of high frequency radio wave. This energy, in the form of invisible waves, enter the cavity from the top of the oven and is guided down to the food which is placed on the oven tray. Cooking with microwave energy differs from conventional energy in that there is no direct application of heat or process of heat penetration to cook the food. Heat energy is absorbed by the food when cooking conventionally; this is a slow process. As microwaves pass through to the food in the oven, the microwaves cause the water molecules within the food to vibrate at extremely high speeds. This friction produces the intense heat which cooks the food. The high speed of vibration accounts for the dramatic savings in the cooking time. Microwaves are odourless and tasteless so they can't affect the flavours of the foods you cook. Microwave cooked foods will usually taste better than the foods cooked conventionally since microwave cooking is more rapid and there is less vitamin and flavour loss. Microwave energy will either be reflected, absorbed, or will be allowed to pass through the utensils used for cooking. Metal reflects microwaves. The water molecules within the food will absorb the microwaves and thus the food is heated. Glass, plastic, porcelain, china, wood, wicker and paper are good utensils to use for microwave cooking since the microwaves are allowed to pass through and go directly to the food that you want to cook.



SPECIAL NOTES

(a) Generally speaking, metal should not be used in the oven when cooking, because metal reflects microwave energy and may cause arcing. Even when metal may be used for limited application it should not come into contact with oven walls.

(b) Do not cook eggs in the shell. Pressure will build up inside the shell and they will explode (even after cooking has stopped). Do not reheat cooked eggs unless they are scrambled or chopped. Puncture the yolk before cooking eggs.

(c) Do not prepare popcorn in the oven without popcorn popper. The results are poor and it can be dangerous.

(d) Do not place cans of food in the oven (Ref. (a) above).

(e) Do not heat oil or fat for deep frying. The temperature of the oil cannot be controlled and it may overheat.

(f) When boiling water or liquids in the oven, make sure that you employ a wide mouthed container. This will allow forming air bubbles to escape freely and readily to the surface of the water. Should a narrow mouthed container be employed, air bubbles may combine to form a large bubble (inside the container) which may displace the water upwards when trying to escape to the surface (even after cooking has stopped). The hot liquid displaced could, accidentally, harm the oven user.

(g) The door seal is designed to prevent leakage of microwave energy during cooking. Occasionally moisture may appear around the oven door. This is not abnormal and does not necessarily indicate the oven is leaking microwave energy.

(h) Pierce the skin of potatoes, whole squash, apples, or any fruit which has a skin covering, before cooking.

(i) Do not operate the oven empty. The appliance should not be operated without food in the oven, operation in this manner being likely to damage the appliance.
(j) Do not attempt to operate the oven with the oven door open, in case the safety door switches have been damaged.
(k) Do not attempt to operate the oven whilst any object is caught or jammed between the door and the oven.
(l) Do not operate the oven if it is damaged. It is particularly important that the oven door closes properly and that there is no damage to:
(1) Door (bent), (2) Hinges and Latches (broken or loosened), (3) Door Seals and Sealing Surfaces.
(m) Always keep the door seal and door surfaces clean so that any grease, dirt or spatters are not allowed to build up. Such a build up could result in leakage of microwave energy from the oven.
(n) The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

OPERATION OF AUTO-TOUCH CONTROL PANEL

In this manual you will find step by step instructions for each individual recipe. Basic instructions are mentioned below.

MICROWAVE COOKING

R-2360

MEMORY

Model R-2360 has 10 memory banks which can store programmed heating times.

These memory banks are an ELECTRICALLY ALTERABLE READ ONLY MEMORY (EAROM), and information is not lost in the memory banks due to power interruptions. If the power goes off, the oven does not need to be reprogrammed. No batteries are necessary for this type of memory.

Operation by Memory pad.
10 Memory banks have been programmed previously as follows:

PAD	Programmed Time	Power
1	. 5	100%
2	. 10	100%
3	. 20	100%
4	. 30	100%
5	. 40	100%
6	. 50	100%
7	1 . 00	100%
8	1 . 15	100%
9	1 . 30	100%
0	2 . 00	100%

Once oven is programmed, simply touch the desired Memory pad to operate.

MEMORY ENTRY

Your Sharp commercial microwave oven has 10 memory banks to allow you to preset 10 separate programs. To program the Memory pads, use the following steps.

Example;

To program Memory pad 5 for 28 seconds:

	Procedure	Pad or Switch	Display
1.	Close the door. Push MEMORY SET SWITCH located at the bottom of the control panel.	MEMORY SET SWITCH	All LED indicators light.
2.	Touch Memory pad 5.	5	5 All other indicators go out.
3.	Enter desired heating time.	2 , 8	2 , 8 LED 2 and 8 light in series as you touch.
4.	Push MEMORY SET SWITCH.	MEMORY SET SWITCH	8 LED 8 goes out.

In order to determine the best cooking/heating time for a particular food, consult the Heating and Cooking Time Guide (page 13).

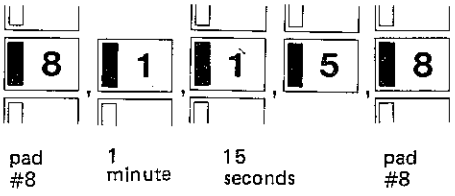
MEMORY CHECK

To check the information programmed into the memory, follow these steps:

Example;

To check Memory 5 programmed for 28 seconds and Memory 8 programmed for 1 minute 15 seconds:

	Procedure	Pad or Switch	Display
1.	Close the door. Push MEMORY CHECK SWITCH located at the bottom of the control panel.	MEMORY CHECK SWITCH	All LED indicators light.
2.	Touch Memory pad 5.	5	5 , 0 , 2 , 8 , 5 pad #5 / 0 minutes / 28 seconds / pad #5 LED 5,0,2,8, and 5 light in series.

	Procedure	Pad	Display
3.	Touch Memory pad 8.	8	All LED indicators light.  LED 8,1,1,5, and 8 light in series.

To cancel MEMORY CHECK, open the door. When the memory is empty, LED indicator at position 0 will go on 3 times.

USING THE MEMORY PADS

Example;

To use Memory pad 9, programmed for 1 minute 30 seconds:

	Procedure	Pad or Switch	Display
1.	Open door and place food in oven. Close door.		
2.	Touch Memory pad 9.	9	9 LED 9 lights and heating starts.
	Heating will start. After 1 minute 30 seconds, heating will stop and an audible signal will sound. And the oven lamp automatically turns off and cooling fan stops after 1 minute.		9

When the door is opened, the oven lamp comes on and the cooling fan begins to operate. Place food in oven and close the door.
(When you leave the oven in this condition, the oven lamp automatically turns off and cooling fan stops after 1 minute.)

If the Memory pad has not been programmed, the oven will not operate.

R-2370

MEMORY

Model R-2370 has 10 memory banks which can store programmed heating times and variable power levels.

These memory banks are an ELECTRICALLY ALTERABLE READ ONLY MEMORY (EAROM), and information is not lost in the memory banks due to power interruptions. If the power goes off, the oven does not need to be reprogrammed. No batteries are necessary for this type of memory.
Operation by Memory pad or Number pad.

10 Memory banks have not been programmed previously. Consequently to use the Memory pads, operator must first program each Memory pad by using the MEMORY SET SWITCH and the 10 Number pads at the lower part of the control panel. Once programmed, oven is activated as soon as the desired Memory pad is touched.

The Number pads at the lower part of control panel may also be used to select heating time and power level. Touch [◈] (cook) to activate oven.

There are eleven variable power levels from 0% to 100% (HOLD to FULL POWER). The power level is programmed by touching [10% — 100%] (power level) and the desired Number pad. For example, to select 70% output power, touch [10% — 100%] (power level) and Number pad 7.

Oven automatically heats at 100% (FULL POWER) unless [10% — 100%] (power level) and number pads are touched.

POWER LEVEL	100%	90%	80%	70%	60%	50%	40%	30%	20%	10%	0%
NUMBER PADS	—	9	8	7	6	5	4	3	2	1	0

MEMORY ENTRY

Your SHARP commercial microwave oven has 10 memory banks to allow you to preset 10 separate programs. To program the Memory pads, use the following steps.

In order to determine the best cooking/heating time for a particular food, consult the Heating and Cooking Time Guide. (page 14.)

Example;

To program Memory 4 for 35 seconds at 70% power:

	Procedure	Pad or Switch	Display
1.	Close the door. Push MEMORY SET SWITCH located at the bottom of the control panel.	MEMORY SET SWITCH	All LED indicators light.
2.	Touch Memory pad 4.	4	4 All other indicators go out.
3.	Enter desired heating time using Number pads.	3 , 5	4 :35
4.	Touch POWER LEVEL pad.	10% — 100%	4 100 % :35
5.	Touch Number pad 7 for 70% power.	7	4 70 % :35
6.	Push MEMORY SET SWITCH.	MEMORY SET SWITCH	4 LED 4, 70% and 35 will go out.

NOTE: (1) If you skip procedure 4 and 5, 100% power will be selected automatically.
(2) Memorized information will not be erased due to power interruption.
(3) If you accidentally touch the wrong variable cooking control pad, immediatelly touch the correct pad. The last pad touched will be the setting the oven accepts.

MEMORY CHECK

To check the information programmed into the memory, follow these steps:

Example;

To check Memory 4 programmed for 35 seconds at 70% power and Memory 6 programmed for 4 minutes 20 seconds at 30% power:

	Procedure	Pad or Switch	Display
1.	Close the door. Push MEMORY CHECK SWITCH located at the bottom of the control panel.	MEMORY CHECK SWITCH	All LED indicators light.
2.	Touch Memory pad 4.	4	4 — 70 % . 35
3.	Touch Memory pad 6.	6	6 — 30 % 4. 20

To cancel MEMORY CHECK, open oven door or touch CLEAR pad. (✳)
When the memory is empty, a colon (:) will appear on display.

USING THE MEMORY PADS

Example;

To use Memory pad 3, programmed for 5 minutes at 80% power:

	Procedure	Pad or Switch	Display
1.	Open door and place food in oven. Close door.		
2.	Touch Memory pad 3.	3	3 — 80 % 5. 00
	Heating will start. The timer will begin counting down to 0. When the timer reaches 0, an audible signal will sound. And the oven lamp automatically turns off and cooling fan stops after 1 minute.		3

When the door is opened, the oven lamp comes on and the cooling fan begins to operate. Place food in oven and close the door.
(When you leave the oven in this condition, the oven lamp automatically turns off and cooling fan stops after 1 minute.)
If you open the door during memory heating, the oven stops and the timer will be cancelled.
If you open the door while the audible signal is sounding, the signal will be interrupted and cancelled.

USING NUMBER PADS AT FULL POWER

Many foods are heated at 100% power for best results. If you wish to use 100% power, enter the heating time by touching the Number pads and START. It is not necessary to set the power level if you wish to heat at 100% (FULL POWER).

Example;

To heat 2 minutes at 100% power:

	Procedure	Pad	Display
1.	Open door and place food in oven. Close door.		
2.	Enter desired heating time using Number pads.	2 , 0 , 0	2.00
3.	Touch COOK pad.	◇	100 % 2.00
	Heating will start. The timer will begin counting down to 0. When the timer reaches 0, an audible signal will sound. And the oven lamp automatically turns off and cooling fan stops after 1 minute.		

USING NUMBER PADS WITH VARIABLE POWER

Some foods give better results when heated more slowly at lower power level.

Example;

To heat 5 minutes at 50% power:

	Procedure	Pad	Display
1.	Open door and place food in oven. Close door.		
2.	Enter desired heating time using Number pads.	5 , 0 , 0	5.00
3.	Touch POWER LEVEL pad.	10% 100%	100 % 5.00
4.	Touch Number pad 5 to select 50% power.	5	50 % 5.00

	Procedure	Pad	Display
5.	Touch COOK pad.	◇	50 % 5.00
	Heating will start. The timer will begin counting down to 0. When the timer reaches 0, an audible signal will sound. And the oven lamp automatically turns off and cooling fan stops after 1 minute.		

If you open the door during heating, the oven and the timer will stop. To activate again, close the oven door and touch COOK pad.

SOUND LEVEL SETTING

The sound level of the end of heating signal and the audible entry signal tone (key input signal) is adjustable to any of 5 volume levels by pressing the SOUND LEVEL SWITCH hidden at the bottom of the control panel.

Push the SOUND LEVEL SWITCH. The volume will decrease as you are pressing the switch. After 5 segments, the volume will start again at the maximum level.

To set the volume, continue pressing the SOUND LEVEL SWITCH until you hear the loudness you want. Stop pressing. The sound level is now set at that volume.

CARE AND CLEANING

* For cleaning, the set should not be soaked. Don't pour water over the set.
* Before cleaning, take out the AC-PLUG from AC-SUPPLY socket.
* Be sure to dry the plug after cleaning.

Exterior:

The outer cabinet is of painted metal and the front surface is plastic and metal. Clean the outside with mild soap, and wipe with a damp cloth. Do not use any type of household or abrasive cleaner.

Touch Control Panel:

Care should be taken in cleaning the touch control panel. If the control panel becomes soiled, open the oven door before cleaning. This will inactivate the control panel. Wipe the panel with a cloth dampened slightly with water only. Do not scrub or use any sort of chemical cleaners. Avoid the use of excess water.

Interior walls:

Cleaning is very easy because no heat is generated onto the interior surface. Clean the interior surface when soiled with a wet cloth. For heavier soiling, use a mild soap; rinse thoroughly with warm water. DO NOT USE A COMMERCIAL OVEN CLEANER, SCOURING OR HARSH CLEANERS ON ANY PART OF YOUR MICROWAVE OVEN.

Ceramic shelf:

The ceramic shelf should be kept clean at all times. Minor spills may be wiped with a damp cloth. The shelf can be removed for cleaning by inserting the flat blade of a knife under the front edge of the rubber seal and lifting up and out. The shelf may be washed in the dishwasher. Replace before using oven; do not operate oven without shelf in place.

Door:

Wipe the window on both sides with a damp cloth to remove any spills or splashes.

Metal and plastic parts will be well maintained by being wiped frequently with a damp cloth.

Filter:

Keep the filter clean. Remove the metal filter by pulling the plastic tub under the front of the oven towards you. Wash filter in detergent and water. Dry and replace in the unit. The filter should be cleaned once every two weeks. DO NOT OPERATE OVEN WITHOUT FILTER IN PLACE.

Fan Cover:
At the end of each day remove the stirrer fan cover and wash in a mild detergent solution. The stirrer fan cover is located in the top of the oven and may easily be removed. Remove the thumb screws on the ceiling of the oven and pull forward.
To replace the cover, grasp it by the front and insert it between two brackets and top of the oven.
DO NOT OPERATE OVEN WITHOUT STIRRER FAN COVER IN PLACE.

SERVICE CALL CHECK

Please check the following before calling for service:

1. When the door is opened,
   A. Does the oven lamp light? YES_____ NO_____
   B. Does the cooling fan work? YES_____ NO_____
   (Put your hand over the rear ventilation opening.)
2. Place one cup of water in the oven and close the door securely.
   For Model R-2360, touch the Memory pad 1. The oven will begin operation as soon as the memory pad is touched. (If the memory pad has not been programmed, the oven will not operate.)
   For Model R-2370, touch these Number pads.

   [1] [0] [0]

   [◇/I]

   A. Does the heating indicator or LED light go on? YES_____ NO_____
   B. At the end of this time, is the water warm? YES_____ NO_____

If "NO" is the answer to any of the above questions, please check your wall socket and fuse. If both the wall socket and the fuse are functioning properly, CONTACT YOUR NEAREST SHARP AUTHORIZED SERVICE AGENT.

UTENSILS

Microwave cooking in your commercial food operation opens many new possibilities for convenience and flexibility. There are many types of utensils that can be used in your Microwave Oven that your conventional cooking methods could not accept. Utensils and pre-prepared food products change almost daily, so watch for new products as they become available. Many food manufacturers are beginning to package foods in Microwave Oven packs and are even beginning to put microwave cooking instructions on foods. A good way to determine whether a utensil is safe for use in a Microwave Oven is to place it in the oven empty, and turn the oven on for 15 to 30 seconds. If the utensil becomes hot to the touch, it should not be used in the oven.

METAL UTENSILS

Metal utensils and utensils with metallic trim should be kept out of your Microwave Oven. There are two main reasons for this. Microwaves are reflected by metals, therefore, foods that are in metal containers will not cook as well as if they were in plastic, glass, china or porcelain. There is also a possibility of a static discharge or spark between the gap in the metal and the metal utensil. This is called "arcing". If you do see an arc inside the oven, simply turn the oven off and transfer the food to a non-metallic container.
There are three times, however, when metal may be used in the Microwave Oven.

1. Aluminum Foil
   Small amounts of aluminum foil may be used in the Microwave Oven. They are used primarily for shielding. If, for example, you are cooking a turkey and the wings begin to overcook, you can wrap small pieces of aluminum foil around the wing tips so that the turkey will not continue to cook in this area. There should be a large volume of food whenever you are using metal.
2. Frozen Precooked Foods in Foil Containers
   When cooking foods in foil containers, the container should be no more than 1.7cm deep. Remember that whenever you are cooking in metal, you are reflecting the waves away from the food. So, therefore, you must remove any foil that is covering the top of the container. The best method to use is, after removing the foil, return the metal container to the paper box or package it came in, and place this entire unit in the Microwave Oven. There must be more food than metal, and the metal container must not touch the oven walls.

3. Metal Skewers

Small metal skewers may be used if there is a large proportion of food to the amount of metal. If arcing does begin, stop the oven, remove the food and change to a wooden skewer.

Whenever using metal foil, foil containers, or metal skewers, be sure that the metal does not touch the sides of the oven.

GLASS, GLASS-CERAMIC, CERAMIC AND CHINA UTENSILS

Most glass, glass ceramic, ceramic and china utensils are excellent for use in Microwave Ovens. Heat-resistant glassware, unless it has metallic trim or metal portions, can almost always be used in the Microwave Oven, no matter whether it is clear or opaque. However, you must be careful not to use delicate glassware since it might crack from the heat of the food, but not from the microwaves.

Most dinner plates, unless they have metallic trim, are acceptable for heating foods.

Utensils with metallic trim or metal parts, such as screws, bands, handles, etc. must be avoided. Cracked or crazed glazes or chips are also indications that a dish should not be used. Ceramic mugs or cups with glued on handles are also not recommended for use in a Microwave Oven.

PAPER GOODS

For low heat cooking, such as reheating or very short cooking times and for foods with low fat, sugar or water content, paper is a good utensil for Microwave Oven use. Napkins, towels, plates, cups, cartons, paper freezer wrap and the paper pulp board that some meats come packed in, are also convenient utensils for use in the Microwave Oven. Cardboard can also be used. Paper is used in the Microwave Oven as a moisture insulator. Wax coated paper plates and cups should be avoided since the high temperatures that the foods reach may cause the wax to melt. Plastic coated dishes, however, are fine for use in the Microwave Oven.

Wax paper and paper towels provide an excellent loose cover for foods and help prevent spatters. Do not use paper towels, plates or other utensils made from recycled paper. Recycled paper products may contain certain impurities which could cause the paper to ignite during microwave heating. Some paper products may contain harmful substances.

PLASTIC AND FOAM UTENSILS

Plastic and foam dishes and containers should not be used for cooking foods with high fat or high sugar content since the heat of the food is too hot for the plastic and may cause it to melt or lose its shape. Cooking pouches designed to withstand boiling and freezing for conventional cooking, work well in the Microwave Oven. Do not close plastic cooking pouches with the metal tie wraps provided, well in the Microwave Oven. Do not close plastic cooking pouches with the metal tie wraps provided, since they get very hot and will melt the plastic wrap. Any closed pouch or cooking container should be pierced so that steam is allowed to escape. Do not attempt to cook in plastic storage bags as they will not withstand the heat of the food. Plastic wrap may be used to cover foods during cooking. Stretch-type plastic wraps are not suitable for use in the Microwave Oven because they form too tight a seal. Whenever removing plastic wrap that has been tightly formed around the utensil, just lift the plastic away from you so that the steam can vent and there will be no danger of scalding.

Melamine is not recommended for use in the Microwave Oven.

WICKER, WOOD AND STRAW

Wicker, wood and straw may be used in the oven for short periods of time; however, they shoud not be used for high fat or high sugar content foods since the heat of the food could possibly char the utensil. Wooden handles scrapers, spatulas and spoons may be left in the Microwave Oven during the cooking process.

HEATING AND COOKING TIME GUIDE

1. All foods are assumed to be stored at refrigerated temperatures, about 4°C unless otherwise specified in the comments section.
2. All items should be covered unless otherwise specified.
3. All foods should be heated on heat-resistant, non-metallic plates or containers.

Quantity	Item	Approximate Heating Time	Comment:
Pastries, Rolls and Baked Goods			
2	Biscuits	10 sec.	Heat, uncovered, from room temperature
3	Buns	10 sec.	Heat, uncovered, from room temperature
1	Danish Pastry	10 sec.	Heat, uncovered, from room temperature
3	Dinner Rolls	10 sec.	Heat, uncovered, from room temperature
2	Doughnuts	10 sec.	Heat, uncovered, from room temperature
2	Muffin (small)	10 sec.	Heat, uncovered, from room temperature
1	Pie	35 sec.	Heat, uncovered, from refrigerated temp.
1	Sweet Roll	10 sec.	Heat, uncovered, from room temperature
Breakfast Items			
200 g 7 oz.	French Toast & Bacon	30~40 sec.	Heat, uncovered, from refrig. precooked
200 g 7 oz.	French Toast & Sausage	30~40 sec.	Heat, uncovered, from refrig. precooked
200 g 7 oz.	Pancakes & Bacon	30~40 sec.	Heat, uncovered, from refrig. precooked
200 g 7 oz.	Pancakes & Sausage	30~40 sec.	Heat, uncovered, from refrig. precooked
140 g 5 oz.	Scrambled Eggs & Bacon	30 sec.	Heat, uncovered, from refrig. precooked
140 g 5 oz.	Scrambled Eggs & Sausage	30~40 sec.	Heat, uncovered, from refrig. precooked
4 strips	Bacon	35 sec.	Heat, uncovered, from refrig. precooked
4 links	Sausage	35 sec.	Heat, uncovered, from refrig. precooked
Sandwiches			
115 g 4 oz.	Bacon & Tomato	30 sec.	Heat, uncovered, from refrig. precooked
130 g 4½ oz.	Beef Barbecue	30 sec.	Heat, uncovered, from refrig. precooked
130 g 4½ oz.	Burger	30 sec.	Heat, uncovered, from refrig. precooked
130 g 4½ oz.	Cheeseburger	30 sec.	Heat, uncovered, from refrig. precooked
130 g 4½ oz.	Corned Beef	30 sec.	Heat, uncovered, from refrig. precooked
85 g 3 oz.	Frankfurter	20 sec.	Heat, uncovered, from refrig. precooked
140 g 5 oz.	Jumbo Frankfurter	30 sec.	Heat, uncovered, from refrig. precooked
100 g 3½ oz.	Grilled Cheese	20 sec.	Heat, uncovered, from refrig. precooked
100 g 3½ oz.	Ham Sandwich	20 sec.	Heat, uncovered, from refrig. precooked
115 g 4 oz.	Ham & Cheese	30 sec.	Heat, uncovered, from refrig. precooked
140 g 5 oz.	Italian Sausage	35 sec.	Heat, uncovered, from refrig. precooked
130 g 4½ oz.	Pastrami	30 sec.	Heat, uncovered, from refrig. precooked
100 g 3½ oz.	Roast Beef	30 sec.	Heat, uncovered, from refrig. precooked
140 g 5 oz.	Chili Burger	35 sec.	Heat, covered, from refrig. precooked
140 g 5 oz.	Chili Dog	20 sec.	Heat, covered, from refrig. precooked

Quantity	Item	Approximate Heating Time	Comment:
Casseroles			
200 g 7 oz.	Baked Beans	1 min. 30 sec.	Heat, covered, from refrig. precooked
200 g 7 oz.	Beef Burgundy	1 min. 30 sec.	Heat, covered, from refrig. precooked
200 g 7 oz.	Beef Goulash	1 min. 30 sec.	Heat, covered, from refrig. precooked
200 g 7 oz.	Beef Stew	1 min. 30 sec.	Heat, covered, from refrig. precooked
200 g 7 oz.	Beef Slices w/gravy	1 min.	Heat, covered, from refrig. precooked
200 g 7 oz.	Cabbage Rolls	1 min. 30 sec.	Heat, covered, from refrig. precooked
200 g 7 oz.	Chicken Fricassee	1 min. 30 sec.	Heat, covered, from refrig. precooked
200 g 7 oz.	Chicken a la King	1 min. 30 sec.	Heat, covered, from refrig. precooked
200 g 7 oz.	Chili Con Carne	1 min. 30 sec.	Heat, covered, from refrig. precooked
200 g 7 oz.	Lasagne	1 min. 30 sec.	Heat, covered, from refrig. precooked
200 g 7 oz.	Meat Loaf	1 min. 30 sec.	Heat, covered, from refrig. precooked
200 g 7 oz.	Macaroni (beef sauce)	1 min. 30 sec.	Heat, covered, from refrig. precooked
200 g 7 oz.	Macaroni (cheese sauce)	1 min. 30 sec.	Heat, covered, from refrig. precooked
200 g 7 oz.	Pot Pie	1 min. 30 sec.	Heat, covered, from refrig. precooked
200 g 7 oz.	Ravioli	1 min. 30 sec.	Heat, covered, from refrig. precooked
200 g 7 oz.	Shrimp Creole	1 min. 30 sec.	Heat, covered, from refrig. precooked
200 g 7 oz.	Shrimp Newburg	1 min. 30 sec.	Heat, covered, from refrig. precooked
225 g 8 oz.	Short Ribs of Beef	1 min. 30 sec.	Heat, covered, from refrig. precooked
200 g 7 oz.	Spaghetti	1 min.	Heat, covered, from refrig. precooked
200 g 7 oz.	Stew, Chicken	1 min. 30 sec.	Heat, covered, from refrig. precooked
200 g 7 oz.	Tune Casserole	1 min. 30 sec.	Heat, covered, from refrig. precooked
215 g 7½ oz.	Turkey Slices	1 min.	Heat, covered, from refrig. precooked
Vegetables			
115 g 4 oz.	Asparagus	25~35 sec.	Heat, covered, from refrig. precooked
115 g 4 oz.	Beans, Green	25~35 sec.	Heat, covered, from refrig. precooked
115 g 4 oz.	Broccoli	25~35 sec.	Heat, covered, from refrig. precooked
115 g 4 oz.	Carrot Slices	25~35 sec.	Heat, covered, from refrig. precooked
115 g 4 oz.	Cauliflower	25~35 sec.	Heat, covered, from refrig. precooked
115 g 4 oz.	Corn Niblets	25~35 sec.	Heat, covered, from refrig. precooked
115 g 4 oz.	Mushrooms	20~25 sec.	Heat, covered, from refrig. precooked
115 g 4 oz.	Peas	20~25 sec.	Heat, covered, from refrig. precooked
115 g 4 oz.	Potatoes au a Gratin	25~35 sec.	Heat, covered, from refrig. precooked
200 g 7 oz.	Potatoes Pre-baked	35 sec.	Heat, uncovered, from refrig. precooked
Primary Cooking			
2 slices	Bacon	1 min. 15 sec.	Cook between paper toweling
1 ear	Corn on the Cob	1 min. 30 sec.	Brush with butter and cover
140 g 5 oz.	Scrambled Eggs	1 min.	Stir 3 times
170 g 6 oz.	Lobster Tail	2 min.	Split, butter and season, heat covered
170 g 6 oz.	Potato	2 min. 20 sec.	Wash and dry, heat, uncovered
225 g 8 oz.	Trout	1 min. 30 sec.	Brush with butter and cover
Defrosting-For best results, turn foods over after rest period.			
170 g 6 oz.	Lobster Tail	45 sec.	
225 g 8 oz.	Halibut Steak	1 min.	
225 g 8 oz.	Lamb Chops	1 min. 20 sec.	
225 g 8 oz.	Pork Chops	1 min. 20 sec.	
225 g 8 oz.	Salmon Steak	1 min.	
225 g 8 oz.	Shrimp	1 min.	

MEMO

SHARP

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